

LONDON

metro

EGYPT IN TUMULT

THOUSANDS OF EGYPTIANS TAKE TO THE STREETS IN JUBILATION AFTER PRESIDENT MOHAMMED MORSI IS OUSTED, BUT SOME LONDONERS HAVE MIXED FEELINGS ABOUT THE COUP

PAGES 2 & 4

**Candidates come out swinging**

The fight for London West is shaping up into a battle royale

PAGE 3

Getting older, and better

The artist-operated Forest City Gallery turns 40 on Saturday with an 'Over the Hill' birthday bash and a free concert

PAGE 7

Play it cool this summer

No need to head to the frozen-food section of the supermarket for relief. These gadgets will help you endure the sweltering sky

PAGE 11

NEWS WORTH SHARING.



Lotto
MAX

\$50 MILLION
estimated

PLUS **MAXMILLIONS**

2 EXTRA
estimated

\$1 MILLION
PRIZES

Here comes the sun, music and culture



Fatoumata Diawara is one of the many acts slated to hit Victoria Park this weekend for Sunfest. Diawara's music is described as a "contemporary pan-folk sound" with touches of jazz, pop and funk mixed with those of her Malian heritage. CONTRIBUTED/ANNIKA BERGLUND

Sunfest. Annual event to make four-day stand in Victoria Park



SCOTT TAYLOR

scott.taylor@metronews.ca

The artistic director of the 19th-annual TD Sunfest doesn't fool around — at least not when it comes to doing his job.

Alfredo Caxaj could watch a lot of YouTube or surf other websites to scout the eclectic talent he brings to the summer festival that is all things music and food. Instead, he goes that extra mile, so to speak.

"I travel extensively during the year to different music conferences, and I'm invited to go to musical events," he said. "This is something important because every year 90 per cent of the acts are new."

"This is what really creates excitement in the community. They know it's going to be new and fresh."

Sunfest kicks off on Thursday and runs through Sunday in Victoria Park. Caxaj describes the event as a breezy blend of the arts, the palate and friendship. "This is what I call the most beautiful expression of community because you see thousands of families from all different social and economic groups coming to see it," he said. "It's just fantastic."

There will be more than 275 food and crafts vendors on-site, but what draws most people is the music. That's where Caxaj's hard work all year pays off.

"We have 36 professional musical groups coming from

Sunfest

- Hours: 11 a.m. to 11 p.m. Thursday to Sunday
- Music starts: 6 p.m. on Thursday, noon on Friday, 11:30 a.m. on Saturday and Sunday
- Full lineup: [sunfest.on.ca](#)

all over the world," he said. "It's going to be an incredible party for the city."

He singled out Alpha Blondy and the Solar System from Ivory Coast as one of the most exciting. "He's considered the Bob Marley of Africa. He's sold millions of copies of albums and people can't believe that he's coming to Sunfest, and that they don't have to pay admission to see him."

That's right, the shows are free, but donations are welcome and appreciated.

As for all that food, Caxaj suggested visitors enjoy it while they can because Sunfest will be the only place all year they'll be able to find it.

"There are so many community groups that are cooking just specifically for this weekend," he said. "You won't see them at any other events because they come just for this."

True to its name, the festival often coincides with warm temperatures, and this year will be no exception. The forecast calls for warm, muggy days and nights from start to finish.

"Of course, otherwise it wouldn't be called Sunfest," Caxaj said with a laugh.



Opponents of Egypt's Islamist president Mohammed Morsi shout slogans during a protest in Tahrir Square in Cairo on Wednesday. AMR NABIL/THE ASSOCIATED PRESS

Londoners' eyes on crisis in Egypt

'Hope' Mohammed Morsi's fall from power has divided Egyptians, both at home and abroad

As hundreds of thousands of people flooded Egypt's Tahrir Square on Wednesday, many Egyptians with ties to London were watching — and waiting.

Several said "hope" was the main thing on their mind as President Mohammed Morsi was ousted from power by the military.

It's been "one blunder after another" for the country's first

democratically elected leader, said one Western University student. Some of her family and friends were among the anti-Morsi protesters who were making their voices heard.

"He's not democratic at all — they just took over the government," the student, who asked to remain anonymous, said.

Morsi was elected less than a year ago after similar protests saw then-president Hosni Mubarak resign. Many had high hopes the new leader would keep politics and religion separate. Instead, protesters say, Morsi pushed an Islamic agenda. Moey Abid was a student at Western University — and orga-

No election date given

- President Mohammed Morsi will be replaced by the chief justice of the Supreme Constitutional Court until new presidential elections are held.

nized local protests — when Mubarak was ousted in 2011. His family members, who live in Cairo, supported Morsi in the election, Abid said. Now, they're "quite disappointed and disheartened by what Morsi has done," said Abid, who is studying in Wales. "They're saying that (the Muslim Brotherhood)

came through democracy, and that gives them the right to go do whatever they want for four years?"

Many Egyptians, he said, "are fed up with the lies and corruption." Amin El-Naggar, a London business owner, said there are plenty of others who aren't pleased with what's happened.

"What's happening in Egypt is a military overthrow or coup, not democracy," he said. "If you don't like who's in (power), then vote him out."

"I thought that's how democracy works."

JEREMIAH RODRIGUEZ/FOR METRO

More coverage (page 4)

Abduction. Charge laid for Sunday incident at Gibraltar

The 22-year-old London man arrested in connection with the attempted abduction of a five-year-old girl Sunday at the Gibraltar Trade Centre now faces a more serious charge.

Jeremy Sippel was already accused of carrying a concealed weapon and possession of a concealed weapon, but had not

been charged in relation to the incident with the girl.

Police added a charge of abduction on Wednesday.

SCOTT TAYLOR/METRO



Jeremy Sippel
HANDOUT

'Return-to-sender'. Packages spark suspicion

Londoners are being warned to beware of letters or packages that are marked "return to sender" after three people reported receiving suspicious packages.

Police say the packages, which were originally sent to an address in the United States, were found to con-

tain blank paper with a prepared package of anti-anxiety medication.

Anyone who received letters or packages marked "return to sender" are being told to not open them and to call police at 519-661-5670.

SCOTT TAYLOR/METRO

Mmmm... Three new eateries, each with a twist

Three new places to eat have just opened in London, each with a different approach to drawing the crowds.

There's a super-healthy menu at one, traditional Canadian sandwiches with added community spirit at another and self-serve beer at a third.

Beertown is open for business, creating "almost 100 jobs," beverage manager Chris Cleary said. Billed as a pub and family-style restaurant, it's a franchised place boasting what are called "table taps" — beer taps at the tables where customers can pour their own drinks.

"With a lot of stuff here it will be the only place in London where you can get it. We're very excited about it."

Beertown has 30 different draft beers and more than 100 bottled beers.

Meanwhile, Wolfe brothers Justin and Greg are starting a new venture alongside their Early Bird Café. They've hired two new servers and two new kitchen staff for Fresh N Wolfe, what Justin Wolfe calls "a business within a business." It's in the spot where the brothers used to run the Nite Owl.

"This is to offer a little bit of a lighter, healthier menu, more local produce, fresh and in season," he said.

At Trends Restaurant on Richmond Street, business partners Matt Lee and Brian Littlejohn also promise something "unique," alongside a menu of traditional food with "added gourmet flair."

They have a community-friendly idea in Discount or Donate. Trends will give a 10 per cent discount on every order made by qualifying people, or allow the customer to donate the same amount to a local charity. Those who can take part include students at Western or Fanshawe, police officers, people with a key for a London hotel room or anyone with a Trends loyalty card.

MIKE DONACHIE/METRO

At a glance

- Beertown (109 Fanshawe Park Rd E.): A pub and family-style restaurant.
- Trends (419 Richmond St.): A takeout place with traditional-yet-gourmet sandwiches.
- Fresh N Wolfe (353 Talbot St.): Offers light, healthy food to eat in or take out.

Byelection's first day is a doozy

Voters will head to the polls on Aug. 1.

London West rings the bell for a summer of political battling

 MIKE DONACHIE
mike.donachie@metronews.ca

And they're off.

Premier Kathleen Wynne fired the starting gun on the province's five by-elections Wednesday, and London West set the pace with an eventful first day.

Wynne named Aug. 1 as the big day for ridings in London, Windsor, Ottawa and Toronto as she tries to replace five Liberals who have resigned since she became premier in February.

In London, mud was being slung before the campaign even began as the Liberals faced criticism for nominating Ken Coran, a union advocate who has supported the NDP in the past.

Things got even dirtier Wednesday.

Day 1 of the official campaign saw political enemies from across the province launch fierce attacks on Coran via Twitter, accusing Wynne of cutting a deal with her London West candidate. A short time later, a picture of Progressive Conservative candidate Ali Chahbar wearing a campaign button in support of a Liberal candidate surfaced on social media.

Chahbar quickly laughed it off but, with the other four by-election ridings pretty quiet, London West is looking like the province's politest.

London West candidates

- Gary Brown, Green Party
- Ali Chahbar, Progressive Conservatives
- Ken Coran, Liberals
- Peggy Sattler, New Democrats

ical hot spot.

Coran's attempt to divert the conversation early Wednesday morning — hours before the election was actually called — did little to change the focus.

"I will take the next four weeks to engage with people about the issues that matter most to our families: making sure our kids have great jobs, our parents are cared for and our local economy is strong and growing," he said in a statement. "Personal attacks don't accomplish anything for the people of this community."

Bitter personal attacks continued, with some accusing Coran of "selling out" the Ontario Secondary School Teachers' Federation, of which he was president until late last week, to go into politics.

His stewardship of the OSSTF provided the platform for Coran's criticism of the Liberals during last year's labour dispute.

Then came the picture of Chahbar with his red button. But the PC candidate told Metro he is a "diehard Tory," adding: "I think they put me in a blue diaper the day I was born."

The picture was taken



Ken Coran accepts the Liberals' nomination for London West during a Tuesday gathering of party supporters. MIKE DONACHIE/METRO

Touting his true blue credentials

"I think they put me in a blue diaper the day I was born."

Progressive Conservative candidate Ali Chahbar. Chahbar told Metro he is a "diehard Tory" as he tried to deflect comparisons to Ken Coran after pictures of Chahbar wearing a campaign button in support of a Liberal candidate surfaced on social media.

during a nomination event for Chahbar's boss, a former London West candidate Doug Ferguson, and showed only "moral support," said Chahbar.

"It's quite a stretch (that) people are trying to equate that with Ken Coran, who was actively campaigning for the NDP candidate," he said.

Meanwhile, across London West, the candidates' lawn signs were starting to appear as the hopefuls and their supporters knocked on doors.

Damage control: Coran to the Liberals' rescue?

There's a method to all this by-election madness, expert says

Ken Coran's background in education and the union is key to his selection as the Liberals' candidate, said

Laura Stephenson, assistant professor in the department of political science at Western University.

Last year's dispute between the provincial government and teachers has been the Liberals' "biggest problem" recently, she said, and taking on Coran could be seen as an attempt to put those difficult times behind them.

"The Liberals may have been looking for someone to soften their image, so they seem more union-friendly, and they're trying to integrate this sort of interest into their party," Stephenson said. "Clearly they're looking for someone in the position to smooth things over for them."

MIKE DONACHIE/METRO

Teacher impasse could have been avoided with Coran: CAW leader

The head of the Canadian Auto Workers union believes that had Ken Coran been education minister in former premier Dalton McGuinty's government last year, the bitter labour impasse with teachers might never have occurred.

Coran, who was head of the secondary school teachers' union at the time, is now running as the Liberal candidate in the Aug. 1 by-election

in London West.

"Take a look at the legislature today. The reality is who has the negotiation experience? Who has the mediation experience? Who's faced the tough decisions on school closures or workplace closures? Who's participated in demonstrations and seen the anger of the electorate? It really is the labour movement," Ken Lewenza, national president of the Canadian

Auto Workers, said.

"Do I think a Ken Coran could've influenced Dalton McGuinty, who was a key driver on this education reform? I think so."

He added that a lifetime of understanding the labour movement and advancing the cause of the workers "is a consciousness that never goes away."

Meanwhile, London and District Labour Coun-

What might have been

"Do I think a Ken Coran could've influenced Dalton McGuinty, who was a key driver on this education reform? I think so."

National CAW president Ken Lewenza

cil president Patti Dalton refused to engage in what she said was mudslinging at Coran, even if she's bewil-

dered by his decision to run. She supports NDP candidate Peggy Sattler — just as Coran did before he was para-

chuted into the riding by Premier Kathleen Wynne.

Still, the saying that politics makes strange bedfellows isn't lost on Dalton.

"I think it's definitely been a surprise to people," Dalton said, "because Ken Coran has been very supportive of the NDP, but politics is like this, right? Lots of things happen in politics that are unexpected."

SCOTT TAYLOR/METRO

Egyptians jubilant after army gives Morsi the boot

Overthrow. Chief justice of Supreme Constitutional Court will step in as interim president, military says

The armed forces ousted Egypt's first democratically elected president on Wednesday after just a year in power, installing a temporary civilian government, suspending the constitution and calling for new elections. Islamist President Mohammed Morsi denounced it as a "full coup" by the military.

After the televised announcement by the army chief, millions of anti-Morsi protesters in cities around the country erupted in delirious scenes of joy, with shouts of "God is great" and "Long live Egypt."

Fireworks burst over dancing crowds and waving flags in Cairo's Tahrir Square, epicentre of the 2011 uprising that ousted autocrat Hosni Mubarak. It was one of multiple centres of

Arrests made

A security official says the head of the Muslim Brotherhood political party and the Brotherhood's deputy chief have been arrested in connection with an escape from prison during the 2011 uprising. Morsi is also wanted in the case.

a stunning four-day anti-Morsi revolt that brought out the biggest anti-government rallies Egypt has seen.

But the move potentially throws the country into further confrontation.

Moments after the army statement, a statement on the Egyptian president's office's Twitter account quoted Morsi as saying the military's measures "represent a full coup categorically rejected by all the free men of our nation."

Some of Morsi's Islamist backers, tens of thousands of whom took to the streets in recent days, have vowed to fight to the end. **THE ASSOCIATED PRESS**



Egyptians celebrate at a Cairo teahouse after army chief Gen. Abdel-Fattah el-Sissi's announcement Wednesday that President Mohammed Morsi will be replaced. Egypt's military has suspended the Islamist-backed constitution and called early elections. HIRO KOMAE/THE ASSOCIATED PRESS

Twitter reaction

Tahrir Square Nation @tahrirsqrnation

We're not celebrating an ending, we're celebrating a beginning. #Egypt #EgyptToTheWorld

The Big Pharaoh, blogger, @TheBigPharaoh

If you want to topple your president, get a bunch of Egyptians. They'll do the job very well. They're very experienced now.

Tarek Shalaby, blogger, @tarekshalaby

I'm shocked at activists cheering on the army's coup and the subsequent crackdown of Islamists like it's all part of #Jan25! Unbelievable!

Dr. Hellyer, academic, @hahellyer

I'm concerned about the backlash by, and against, the #MB, and any violence. I'm worried the MOI and the military will get a blank cheque.



Edmonton

Girl left in hot car dies in hospital

Edmonton police say a little girl left inside a parked car as outside temperatures soared above 30 C has died despite the best efforts of first responders.

The three-year-old child was found near death Tuesday evening outside a townhouse complex.

Paramedics performed CPR and provided hydration before the youngster was taken by ambulance to the Stollery Children's Hospital.

"EMS and (Edmonton Fire Department) did what they could to resuscitate the child. Despite their best efforts, the child was taken to hospital and subsequently died," Det. Scott Jones said Wednesday.

It's not known who rescued the girl or how long she had been in the vehicle.

The temperature in Edmonton hit 33 C on Tuesday and humidity levels made it feel more like 43 C.

THE CANADIAN PRESS

Snowden saga. Latin American leaders fume over plane diversion

The European rerouting of the Bolivian presidential plane over suspicions that National Security Agency leaker Edward Snowden was aboard ignited outrage Wednesday among Latin American leaders who called it a stunning violation of national sovereignty and disrepect for the region.

But as President Evo Morales headed home after an unplanned 14-hour layover in Vienna, there was no immediate sign that Latin American an-

ger would translate into a rush to bring Snowden to the region that had been seen as likeliest to defy the U.S. and give him asylum.

Snowden was still believed to be in the transit area of Moscow's international airport.

Morales' plane was diverted to Vienna Tuesday after his government said France, Spain and Portugal all refused to let it through their airspace because they suspected Snowden was on board. **THE ASSOCIATED PRESS**



Bolivian President Evo Morales enters his plane in Vienna on Wednesday. The plane was rerouted to Austria after various European countries refused to let it cross their airspace because of suspicions that NSA leaker Edward Snowden was on board, Bolivian officials said. HANS PUNZ/THE ASSOCIATED PRESS

Alleged terror suspect had troubled past: Acquaintances

Four years ago, the man RCMP planned a Canada Day terror attack at the British Columbia legislature was too drunk and violent to be kept on as the guitarist in a heavy-metal band.

But some time between March 2009 — after his failed tryout for the Lust Boys in Victoria — and this March, when an indictment says the bombing conspiracy began, John Nuttall allegedly became a homegrown terrorist inspired by al-Qaida to kill fellow Canadians.

"It's crazy stuff," said Colin Stuart, a.k.a. Tommy Thrust, who met Nuttall through an online forum where the band was looking for a new guitarist.

"It doesn't really make any sense to me, really, because back when he was in the band, when I knew him, he never made any reference to religion at all. He was more into politics, but what he understood of politics."

They agreed Nuttall would do a one-month tryout for the



John Nuttall BANDMIX.CA

band, but at the end of March 2009 they parted ways.

"It didn't work out, because basically Mr. Nuttall was extremely difficult to work with and he would always be at rehearsal completely either drunk or messed up on some kind of substance," Stuart said Wednesday.

Nuttall, 38, and his partner, Amanda Korody, were arrested on Monday and charged with three counts each in relation

to an alleged plot to detonate bombs at the B.C. legislature in Victoria on Canada Day as thousands celebrated.

Nuttall and Korody were described as polite by the landlady of the basement suite they rented in Surrey, B.C., for the past three years.

"When we look at them, they live in poverty, they ask for money sometimes from me," said the landlady, who did not want her name published.

"They were always looked like they have something, drugs or alcohol, but they never (caused) anything bad."

Police say the two were inspired by "an al-Qaida ideology" but were not linked to any international group. However, the landlady said she does not know how the poverty-stricken couple could have afforded to finance the alleged plot.

"Where did they get the pressure cookers? It costs money. Explosives? It costs money," she said.

THE CANADIAN PRESS

U.S. weed retailers look for a pot of gold

Hashing out a plan.

Ex-Microsoft exec aims to be the Bill Gates of bud merchandising

 **KIERON MONKS**
Metro World News

Weed has come a long way from student parties and police evidence rooms, and as legalization gathers pace across the world, many believe it represents the next great industry.

"Marijuana is like a gold rush ... and I would like to be the Coca-Cola brand," says Jamen Shively, a former Microsoft executive who is now preparing to launch Diego Pellicer, the largest retailer yet. "After we launch in Washington (state), we will replicate that model throughout the Americas and Western Europe."

With supporters including former Mexican president Vicente Fox, Shively is confidently projecting profits of



When most people think of weed retailing, they think of grow supply shops. But a U.S. executive now wants to launch a chain of stores to sell the finished product. GETTY IMAGES FILE

over \$100,000 US from the first month of operation, which is likely to be in early 2014. "It's the most consumed illicit substance in the world — and the golden rule of marketing is, 'It's better to be first than best.'

Medical marijuana alone is worth \$2 billion US in the U.S. and grows 24 per cent each year. Last year, Colorado and Washington became the first U.S. states to legalize the drug for recreational use, and with more states set to follow suit,

momentum and commercial opportunity is growing.

"I would expect the first stores for recreational use to open in January (2014)," says Dan Riffle, deputy director of government relations for the Marijuana Policy Project. "After that, you could see the federal government legalizing within four to five years."

But as the industry grows, Riffle expects larger companies such as Shively's to be hit with up to 25 per cent tax on transactions. "They would pitch it low enough to hit the black market but high enough not to be seen as encouraging use."

Such fears — along with the difficulties of moving a substance still widely illegal — have kept the major tobacco firms out until now, but activists would welcome them. "The more capital is in the industry the more it gets pushed forward," says Kris Krane, head of the Students for Sensible Drug Policy. "These firms have lawyers and lobbyists that can accelerate the process."

Telecom. Rogers set to launch new reward program

Rogers will begin rolling out a new loyalty program on Monday in a bid to keep customers from switching to rival carriers.

"Something that most major carriers worldwide do not do well at is recognizing and rewarding customers for tenure," said executive vice-president and chief marketing officer John Boynton.

Wireless carriers also get criticized for treating new customers better than existing ones, said Boynton. "Those are two specific things we want to address with customers with the new loyalty program," he said. THE CANADIAN PRESS

Points program

- Wireless, cable, Internet and home phone clients will be able to earn points that can be redeemed for rewards such as U.S. roaming packages, premium TV content and upgraded Internet packages.

YouTube. Google sets its sights on 'generation C'

Google is searching for Internet addicts roughly 18 to 34, who spend seemingly every waking hour connected to the Internet, who are comfortable on camera, don't mind getting personal with millions of strangers around the world, and have a knack for trend spotting.

The search giant is looking for members of that cohort that has come to be known as "generation C."

The digital natives of generation C are seen as the early

adopters who will help legitimize YouTube as a real rival to conventional TV, since they're already looking to the video platform for prime-time entertainment. They'd rather watch an hour's worth of short five-minute clips than whatever sitcoms and dramas are on TV.

And they're also enthusiastic creators of engaging, shareable online content that attracts the young eyeballs advertisers covet.

THE CANADIAN PRESS

Are you post menopausal and looking to lose weight?



Join a clinical research trial to evaluate the effectiveness of an investigational natural health product which may help with weight management.

Call now to see if you qualify.

Compensation up to \$200.00

Contact KGK Synergize Clinic:

519-858-8359

clinic@kgksynergize.com

www.kgksynergize.com

KGKsynergize



Television

Netflix signs new deal with PBS

Netflix Inc. said it has agreed on an expanded multi-year licensing deal with PBS Distribution, making more PBS programming available to its subscribers in the U.S. and Canada. Starting in the fall, Netflix will have exclusive streaming rights to U.K. murder mystery series The Bletchley Circle. The deal also covers documentaries from filmmaker Ken Burns.

THE ASSOCIATED PRESS

Market Minute

 DOLLAR 95.15¢ (+0.35¢)

 TSX 12,145.68 (-32.70)

 OIL \$101.24 US (+\$1.64)

 GOLD \$1,251.90 US (+\$8.50)

Natural gas: \$3.69 US (+4¢)
Dow Jones: 14,988.55 (+56.14)

Not such a people person

Honda Motor Co.'s walking, talking interactive robot Asimo is running into glitches in its new job as a guide at Tokyo's Miraikan science museum. The bubble-headed machine, shown walking up a set of stairs at the museum during a demonstration event on Wednesday, had problems telling the difference between people raising their hands to ask questions and those aiming their smartphones to take photos. It froze mid-action and repeated a programmed remark, "Who wants to ask Asimo a question?" SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS


MOORES® CANADIAN
Suit Drive
Help others find their strong suit™

ACCEPTING DONATIONS

July 1–31

When you donate your gently used professional attire at your local Moores store in July, you're giving more than clothing— you're giving a second chance.

All contributions will be distributed by local recipient organisations through community programs.

As a thank you for your donation, receive 50% off the regular price of retail items (excluding shoes, clearance, and Everyday Low Price items) on your next purchase.*

Learn more at

canadiansuitdrive.com

*Subject to certain restrictions. See store for details.

131244MO_V2_EN

WHY WORK ISN'T WORKING

Beer commercials have lied to me about Canadian youth.

If the ads are true, then Canucks should be gallivanting around the world trying to dethrone Australians as the World's Most Obnoxious Tourists. But instead, I keep reading about highly qualified Canadian students with low-paying, miserable jobs.

It's hard to gallivant at \$8 an hour.

Sometimes it's even an unpaid internship, where you get the opportunity to hear about "your" generation's sense of entitlement from a paid, union-shielded employee who calls in sick every time hockey goes to overtime.

My advice? Don't let these people talk down to you. Let me talk down to you. Follow my example and you can see how these early, difficult steps can be a stairway to success.

Be innovative. My first job was in newspapers — in the vital delivery sector — and at age 10 I was on the vanguard of innovation.



HE SAYS
John Mazerolle

metronews.ca

Papers were much thicker then, because they had to protect the TV Guide, also known as the heart of the industry. You could get a story completely wrong and you might get three angry letters, each containing the words "standards" and "all my years."

But if the TV schedule was missing, you could count on a large mob of elderly women carrying pitchforks and torches demanding blood and/or a free subscription. (Usually the newspaper would sacrifice an unpaid intern.)

And here's where I got innovative: When the newspapers were especially heavy, I would pick up the full bundle and toss it into a ravine, then say the papers never arrived. I believe this was the earliest iteration of "I never got your email," an accomplishment for which I am duly proud.

Leverage your relationships. The BiWay doesn't exist anymore, but it was the sort of store that specialized in cheap socks and boxes of crushed cookies. The customers thought I was an idiot because I worked there, and I thought they were idiots be-

cause they were shopping there.

I was as awkward around the customers as possible so that my boss would put me in the storeroom where I could count things and not talk to anybody.

I could have been an accountant, but decided the best job for somebody who didn't want to talk to anybody was the media.

When you find a job you like, cling to it. One day during my first year in journalism, a stranger started yelling at me for the unforgivable sin of being a reporter. He made airplane parts and said, "You know, if we made as many mistakes as you people, a lot of people would die!"

After lamenting the loss of so many hypothetical people, I realized he hated me without even knowing me. It was then I knew I loved journalism.

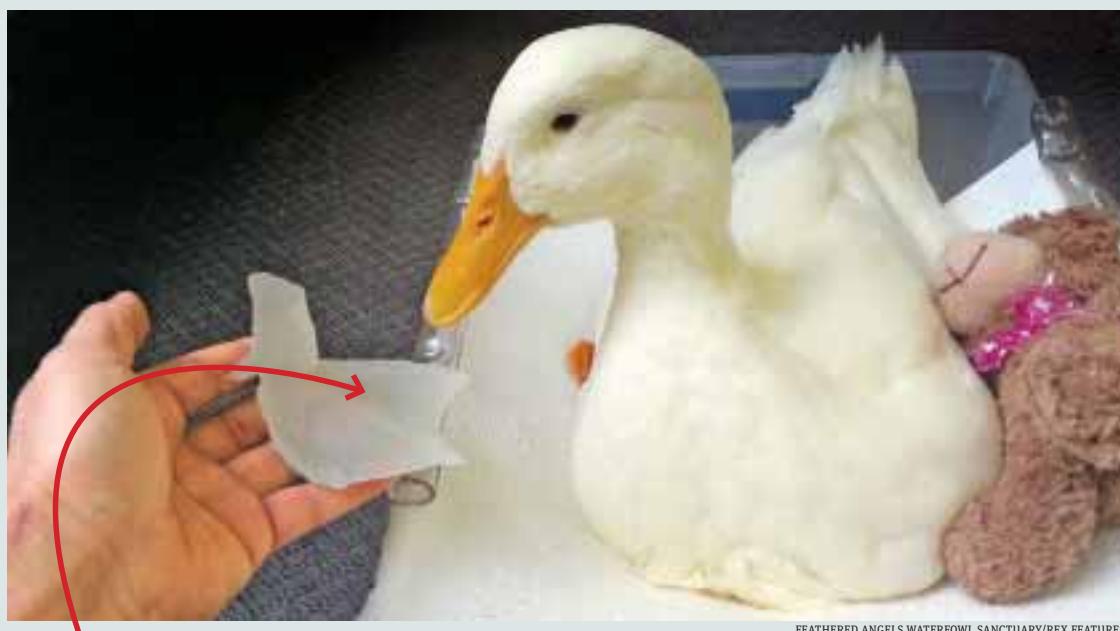
So, as you can see, with the right attitude you too can work in miserable jobs for a decade or more so that you can end up in a job where people think that you're pond scum.

I trust my story has inspired you, perhaps to tears. If not, have a beer to forget.

When I read about the working struggles of today's youth, it just makes me ill. I think I'll call in sick.

ZOOM

Put your 3D-printed foot forward



FEATHERED ANGELS WATERFOWL SANCTUARY/REX FEATURES

Cheer up, Buttercup: Lucky duck gets prosthetic foot

When Buttercup the duck was born with his left foot turned backwards, he seemed destined to hobble.

But, thanks to cutting-edge 3D printing technology, the white duck now has a brand new webbed prosthesis. Buttercup was born with his disability at a high school

biology lab before being handed over to Arlington, Tenn.-based Feathered Angels Waterfowl Sanctuary.

In February 2012, an 83-year-old woman in the Netherlands received a new 3D-printed lower jaw made from titanium. And in May of this year, South African carpenter Richard van As created a prosthetic hand — which helps people who have missing fingers. METRO

Ducking destiny

"There was always the big unknown of whether or not it would work and if he would accept it. If he didn't like the prosthetic, it wouldn't have mattered how many times I changed it."

Mike Garey, founder of the Feathered Angels Waterfowl Sanctuary

Path to prosthesis

- **Amputation.** First, Buttercup's disfigured foot was removed.
- **Mould and silicone.** Then 3D printing specialists NovaCopy scanned the left foot of Buttercup's sister Minnie and printed a 3D mould used to cast a silicone foot.

Clickbait ANDREW FIFIELD
andrew.fifield@metronews.ca

There's more to Google Street View than trawling dull streets hoping to catch a glimpse of LARPers or a saucy roadside transaction. Try dropping the little man on these famous buildings for a glimpse inside.

Canada's Parliament:

Kick off your tour with a stroll across Centre Block floors polished to a glow and poke your head in the first-floor library. Sadly, the limits of technology prevent you from a Chretien-style run up the stairs.

Burj Khalifa:

Whether it's the height or the cost of airfare that's making your knees weak, don't let it hold you back from experiencing a view of Dubai from the top of the world's largest building.

360 Cities:

Are you the type of person who sniffs at feats of architecture, what with their stench of humankind and all? Lucky for you the very cool site 360cities.net also hosts panoramic views of coral reefs, shipwrecks and aerial scenes captured by RC planes.



Comments

RE: 3D-Printed Gun Under Lock And Key At University of Toronto, published July 3

Plastic gun, BIG DEAL. Most of the bad things are in the stores for the buying, no questions asked. Last Boston marathon they were calling it a pressure cooker bomb filled with fireworks. Both are still around. I have the feeling that a computer isn't needed to make this plastic gun. mikejb posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Exactly, it's plastic. People can make real ones easily. What a pointless story. Richard Bulmer posted to metronews.ca

RE: Jennifer Lopez: Happy Birthday Mr. Human Rights Violator, published July 3

From American Idol judge to playing Turkmenistan. Sounds about right. Dangerpayrayray posted to metronews.ca

A history of art in London

Happy anniversary.

Forest City Gallery turns 40 this weekend



BACKSTAGE
PASS

Mila Petkovic
london@metronews.ca

Forest City Gallery is one of the longest running artist-operated centres in Canada.

It is also home to one of London's most prolific and internationally recognized music groups — the Nihilist Spasm Band.

The gallery celebrates its 40th anniversary on Saturday, featuring everything from a birthday cake and BBQ to a free concert.

"The first exhibition held was a Murray Favro solo exhibition in December 1973," says Jamelie Hassan, acclaimed artist and one of the gallery's founding members.

Favro is part of the generation of London artists who became nationally recognized in the 1960s.

Others included Jack Chambers, Greg Curnoe and Ron Martin.

Hassan remembers the zeitgeist that led to creating the gallery.

"All the artists lived close to the market with studios in warehouses downtown. We were talking about how to support ourselves and build a community so we could stay in London," she says.

After the artist-run centre 20/20 Gallery closed in 1970 there weren't very many opportunities to show work in a space operated by artists for artists, says Hassan.

Forest City Gallery (FCG)



The Nihilist Spasm Band has been playing at Forest City Gallery on Monday nights since the gallery's inception. MILA PETKOVIC/METRO

was born in 1973, when former members of the 20/20 Gallery (including Curnoe and Favro) joined forces with Hassan, Dave Gordon and a handful of other artists.

Unlike a commercial gallery, FCG is a non-profit. Exhibitors are paid to display their works, whether or not they sell.

The gallery has a strong history of hosting experimental music nights and has always served as a jam space/concert venue for the Nihilist Spasm Band (NSB).

"Word spread. We had all kinds of bands on tour stop

here and play with us," says Art Pratten, a member of both the gallery and Nihilist.

"We put them up at the house. A lot of connections were made."

The gallery and band also hosted various No Music Festivals, inviting bands from all over the world to play in London.

The 1998 festival featured Thurston Moore (Sonic Youth) and Jojo Hiroshige (Noise King of Japan).

"A guy named David Novak was writing a thesis on noise music, mostly in Japan.

"We were hosting so

many Japanese bands that he came to London to meet them," says Pratten.

Novak's thesis turned into the book Japanoise.

Forest City Gallery continues the experimental music tradition today.

The celebration on Saturday features a free concert starting at 8 p.m. with Thesis Sahib, Wild Domestic and the Nihilist Spasm Band.

The event kicks off at 2 p.m. with a panel discussion, and continues with a barbecue, birthday cake and publication launch from 4 to 8 p.m.

Around town...

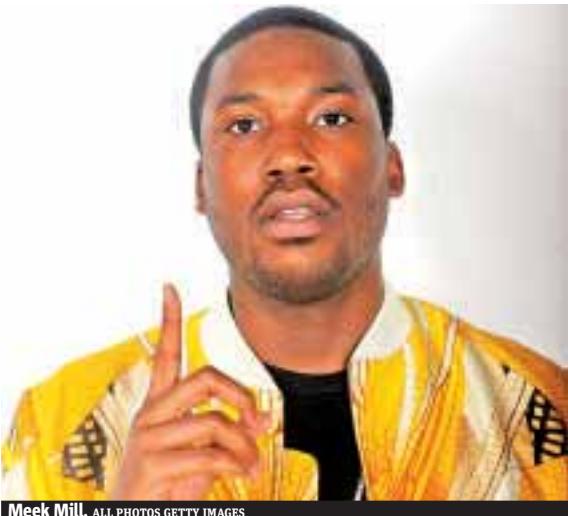
- Tunes.** The London Music Club (470 Colborne St.) presents Sweet Sounds of Summer on Friday featuring Sarah Loren, Sarah Halabecki, Jenny Rensby and The Wives. Admission is \$7. Doors open at 8 p.m.

- Event.** APK (347 Clarence St.) presents the noise rock bands Kestrels, Curb and This Mess on Thursday. Doors open at 9 p.m. Cover is \$5.

2
SCENE

visit metronews.ca

metro



Meek Mill has to tighten up his Twitter game

Oh man, if only we could mandate half of the people we know on Twitter and Facebook to do this! A Philadelphia judge has ordered rapper Meek Mill to complete a series of etiquette classes to "refine his use of social media" at a probation violation hearing (for drug and gun charges) last week.

Twitter



@AmandaBynes

I'm In Love With Someone Else Who I Do Not Follow On Twitter Who Is The Most Gorgeous Man I Know But Drake Comes In Second



Get it through your Thicke head, he's talking about his junk

ALEXANDRA M. CAVALLO
Metro World News

Sometimes, when I remember that Robin Thicke's dad is Alan Thicke, I laugh a lot because, oh man, what would Dr. Seaver say? Dude used to blow a lid when Mike stayed up past 9 p.m., eating ice cream and here's Robin mouth-sexing a chocolate cone while eye-sexing half-naked models in the video for Blurred Lines.

Good thing, then,

that Robin's real life isn't anything like an episode of Growing Pains, because I'm pretty sure Papa Seaver might actually have a heart attack when he caught wind of Robin's new song, which, if possible, is even more inappropriate than its predecessor.

The new joint Give it 2 U (because not spelling out full words is hella sexy, as everybody knows) features a guest spot by BET Awards-sweeper Kendrick Lamar and is about, uh, well, Thicke giving it to you. It being his big, thick, throbbing ... heart.

And here's the thing — despite being almost obnoxiously sexual (is that even a thing?) it's sort of a totally catchy jam. It'll get stuck in your head, much like Thicke plans to stick his ... never mind.



@justinbieber

interesting how some people in the media wanna take shots at me for no reason. all good. keeping it positive over here. all about the music



@ParisHilton

Packing up all my Summer clothes & favorite things to move over to my Malibu Beach house. #TheBu #BeachLife #SummerTime #Fun Loves it ;)

METRO DISH

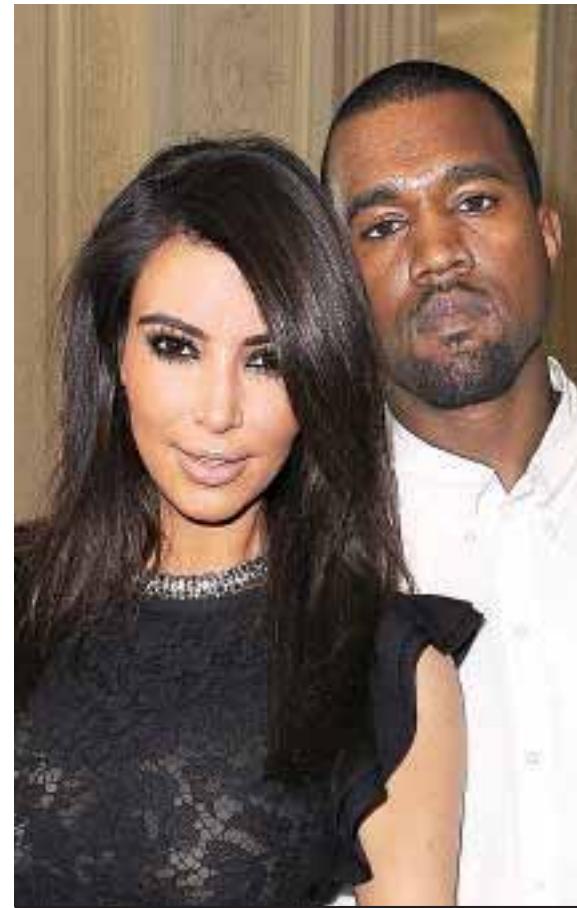
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Get it through your Thicke head, he's talking about his junk

ALEXANDRA M. CAVALLO
Metro World News



Kim Kardashian and Kanye West.

Kim and Kanye won't sell pictures of their kid

In one of the first public things Kim Kardashian and Kanye West have done in quite some time that didn't make us want to move to Siberia or some other place where people had more pressing matters (like foraging for food so as not to die) than Kim's pregnant cankles to worry about, the couple have not accepted a very large sum of money in exchange for the first

photos of their newborn kid.

According to US Weekly, K Squared turned down a \$3 million dollar offer for the very first pictures of North West — which is like three cents in Kardashian/Yeezy currency — but still.

It's a fairly decent move. Unless, of course, they're holding out for a better offer. In which case, same old Kanye.

INDULGE IN beauty

Super SPEND YOUR POINTS EVENT!

**Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. See store for details.
Offer valid Saturday, July 6 & Sunday, July 7, 2013 only.**



SPEND
40,000 POINTS
AND GET UP TO
\$90 OFF
THAT'S AN EXTRA
\$27

SATURDAY, JULY 6 & SUNDAY, JULY 7

SPEND
80,000 POINTS
AND GET UP TO
\$200 OFF
THAT'S AN EXTRA
\$64

FREE feels good

SHOPPERS DRUG MART



A*ME is the girl to be

Shoulder pads with 'POW!' The British singer has written tracks with Emili Sande and toured with Jessie J. She talks to us about her personal style

ROMINA
MCGUINNESS
Metro World News

As a child, Amy Kabba, better known as A*ME, fled a war-torn Sierra Leone and moved to London, where she discovered The Backstreet Boys, 'N Sync and Destiny's Child. And nope, she's not embarrassed to admit she's still a fan of '90s pop. The 18-year-old will be releasing her debut album later this year, but in the meantime, the BBC Sound of 2013 nominee opens up about her crush on Rihanna, love of Louboutins and the power of a bold lip.

As a new artist, is it difficult deciding on what your look will be?

You have to appear with a certain look, which is difficult because it's almost impossible to think of something that hasn't been done. But as a person, you grow and your style is going to change. My style is bold

The three things she wears the most



Christian Louboutin Pigalle heels

"They're really sexy. It's a designer label so people see them and are like, 'She's really into her fashion!'"



Topshop super high-waisted 'Joni' jeans

"I'm really petite and these seem to be the only jeans that fit me perfectly."

KTZ gold cut-out letter gold necklace

"Off stage and during the day-to-day, I don't really wear a lot of jewelry but as A*ME I wear way more."



and bright. I once wore this Shara Hayz body suit with frosty shoulder pads that was so incredible.

I wear a lot of pieces that are like, "POW!" I like to take risks, and being a darker skin tone, bright clothes and accessories work well on me.

Are there any stages that you look back on and cringe?

I can never really say where my style will go. It evolves with me and whatever influences me at that time. When I was younger, everything used to have to match. I was addicted

to Primark stripey tops. And having plimsolls that matched the stripey top. And wearing a ribbon in my hair to match the plimsolls and the top. It was horrible — my dark phase!

Given the chance, whose closet would you raid?

Rihanna's. I've got the biggest style crush on her. She wears a lot of things most people wouldn't dare to wear and she rocks them great.

I think we've got pretty similar tastes, so I think I could find some really nice outfits.

And if the offer came up, would you switch lives with Beyoncé?

Yes! She's the meaning of hard work and that's exactly what you need in this industry. She's where she is because she's incredible at what she does.

You moved to London from Sierra Leone as a child. Why did you leave?

My family fled the war in Sierra Leone and moved to London in the hope of a better life. I was really young so I don't remember too much, other than that it was really hot!

The building blocks of her style

A bold lip

"I feel like wearing a pop of colour on my lips makes me stand out a bit more. I usually wear MAC Shy Girl lipstick with a bit of gloss on top."



High heels

"I'm a heelaholic. I can't stop buying shoes. It's not because of my height; I'm 5'2" and love being short. It's more about how the heel looks."

Oversized T-shirt dresses

"I love to wear oversized tops as dresses. I get most of mine from Ashish. It looks cool, it's comfortable and I find that it's really cute on smaller girls."



Scarves

"As a singer, it's important to keep your neck super warm. So I wear a lot of scarves from Topshop and Warehouse."



3
T
E
E
H



This recipe serves six. ROSE REISMAN

THE FASTEST HI-SPEED INTERNET.

UP TO 3X FASTER.
Comparing widely available speeds.

We're bringing you the fastest most widely available speed. You can download and stream live HD sports, movies, music and work files faster than you ever thought possible. So what's next? Well, our unrelenting commitment to innovation means if you're with Rogers, you'll be the first to know.

NOW GET UNLIMITED DATA USAGE.

Only available until June 30th

CALL 1 888 ROGERS1 | CLICK rogers.com/fastestinternet | VISIT Your local Rogers retail store



Offer available until June 30th, and subject to change without notice. Speeds may vary with internet traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. ©2013 Rogers Communications.

Give grilled chicken new life with salsa



ROSE REISMAN
for more, visit
roseisman.com or follow
her on twitter @roseisman

between 2 sheets of waxed paper and pound to an even 1/2-inch thickness. Set aside.

2. Prepare the salsa by combining the pineapple, red bell pepper, avocado, cilantro, lemon juice, honey and zest, olive oil, soy sauce and garlic in a bowl.

Grilling chicken during the summer months is a healthy, not to mention delicious, way to eat. Put a sweet fruit salsa over top and, voila, you have an entertaining entrée with an exotic addition.

Feel free to substitute the pineapple for mango, peaches or plums. Add a little jalapeno or hot sauce for an extra kick

1. Working with one at a time, place a chicken breast

Ingredients

- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)
- 1 cup diced fresh pineapple
- 1/3 cup diced red bell pepper
- 1/3 cup diced ripe avocado
- 1/4 cup chopped fresh cilantro or basil
- 1 tsp lemon juice
- 1 tsp honey
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 1/2 tsp low-sodium soy sauce
- 1/2 tsp finely chopped garlic

Side dish. Macaroni Salad with Cherry Tomatoes & Mozzarella

1. Bring a large pot of water to a boil, season with salt and cook pasta 1 minute under required cooking time.

2. Drain and toss with 1 tablespoon olive oil and place on a sheet tray to cool down.

3. In a large bowl, combine all the ingredients together and gently toss them. Season with salt and pepper to taste.

NEWS CANADA / BARILLA.CA

Ingredients

- 1 box Barilla macaroni
- 6 tbsp (70 ml) extra virgin olive oil
- 2 tbsp (20 ml) lemon juice
- 2 pints (594 g) cherry tomatoes, halved
- 2 balls (225 g) fresh mozzarella, diced
- 6 leaves basil, chiffonade
- Salt and black pepper

For your phone



MIND THE APP
Kris Abel
[@RealKrisAbel](http://RealKrisAbel)
lifet@metronews.ca

Foodie Recipes (iPad/iPhone; free)

For their quintessential summer edition, Foodie cook-

book editors have gathered an enticing mix of gourmet hot dogs, fruity cocktails, grilled tacos, outdoor salads, barbecue sandwiches and rich ice cream creations.



A few gadgets for staying cool

Summertime is officially heating up in most areas of the country. Keeping cool isn't all about hanging out in the local air conditioned shopping mall this summer. Enjoy your apartment and stay cool with some home-related gadgets to help lower the temperatures.



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

Cordless fan/radio

Create soft music sounds through the breeze with the Game Sonic Rechargeable Fan with Radio. It goes inside or out and is cordless. \$85, homedepot.ca.



Iced coffee maker

Perfect for travel or small spaces, this tiny appliance will turn you into summer's favourite barista in just minutes. Personal Iced Coffee & Tea Maker, \$25, hamiltonbeach.ca.



Cool pet mat

Have the coolest pet on the block! Non-toxic gel infused mat stays as cool as a stone floor without refrigeration. Sharper Image Cooling Comfort Pet Mat, \$28, bedbathandbeyond.ca.



Air control

No central air conditioning? Try a year round saviour that cleans, dehumidifies, circulates and cools the air. Pinguino 4-in-1 Air Conditioner, \$530, delonghi.com.



Cooling mattress

KoolComfort memory foam with an open-cell structure is more breathable, creating a cooler sleep surface. iComfort Genius Mattress, \$1,600, sertacanada.com.



Frozen treats

Add low-fat yogurt or fruit juices to create guilt-free frozen desserts or, simply make rich, decadent ice cream! Cuisinart's Yogurt Sorbet & Ice Cream Maker, \$110, thebay.com.



Rogers Concierge™ takes the hassle out of moving.

Get a dedicated agent to help you throughout the moving process.

- We help move your services to your new home.
- Free for new and existing customers.

Call 1 855 276-1868 Click rogers.com/moving Visit your local Rogers retail store

 ROGERS™

Ask about
our bundle offer

Capulet Towers

50 Capulet Lane

- ★ Move in Bonus!
- ★ Indoor saltwater pool and whirlpool
- ★ Secured video controlled entrance
- ★ Fitness room



To book an appointment call 519-488-8120
or visit www.drewloholdings.com



COURTNEY ROOFING LTD.

- RESIDENTIAL
- COMMERCIAL
- INDUSTRIAL

COMMERCIAL & INDUSTRIAL REROOFING

ISO
Registered
300 Exeter Rd., London
www.courtneyroofing.com

519-652-6859



ACE Security Services Inc.

Home & Business
Security for Just

\$1799
per month!



12

HOME

metronews.ca
Thursday, July 4, 2013

Cleaning techniques



Do you take your piano to the dentist? Then don't clean it with toothpaste.

ISTOCK IMAGES

Housekeeping myth: cleaning piano keys with toothpaste



CHARLES
THE BUTLER
[askcharlesthebutler@
metronews.ca](mailto:askcharlesthebutler@metronews.ca)
For more, visit
charlesmacpherson.com

I have no idea who came up with this idea but I recently read an article on housekeeping that suggested "rubbing each piano key carefully with a damp cotton swab and a dollop of toothpaste. Wipe, dry and buff with a

clean cloth."

Well I must admit I thought this was the silliest thing I had ever heard of. Toothpaste is abrasive and can damage the piano keys.

So to investigate I called Alex Hahn, whose stepmother coincidentally was my Grade 7 English teacher, to help me with this myth. Alex agreed with me that toothpaste sounded too abrasive and did not recommend such a technique.

So here is where the real lesson for me began. Alex asked me "what kind of dirt are we taking about, surface dirt or yellowing of the piano keys?" Well what a fantastic

question, neither of which I had even thought of. So if we are only talking about regular surface dirt from playing the piano, then either a solution of 50/50 of vinegar and water or warm water with a drop of PH neutral dish soap with a cotton cloth is all you need.

If the keys are yellowing than Alex suggested direct sunlight as one method that can work.

If the piano is being restored, a professional can very lightly sand and buff the keys back to a beautiful sheen.

So there you go, toothpaste for your teeth and vinegar and water for your piano!

Switch to ACE Risk Free (Get 3 Months Free)

- NEW Installations (Get 6 Months Free)
- 24/7 ULC Listed Monitoring Station

Did you know... that if you've had your security system for more than 3 years then you're likely to no longer under contract? So why are you still paying \$30.00, \$35.00 or more per month?

Call today and Start Saving!

Why Pay More?

1-877-5000-ACE
www.acesecurityonline.com

CHL import draft

Knights select Czech blue-liner in first round

The London Knights took the Czech Republic's Alex Rasner as their first-round pick (58th overall) in Wednesday's CHL draft.

The 17-year-old, 167-pound defenceman spent the 2012-13 season with Olomouc in the Czech Junior Elite League and was also a member of Czech Republic's U18 team. He posted one goal and four assists in 17 games last season.

The Knights' second-round pick (118th overall) was defenceman Tim Bender from Germany.

Bender played last season with Heilbronn in the second tier of German Ice Hockey and represented his country in the U18 World Championships.

The 18-year-old, 174-pounder recorded 14 goals and 16 assists in 31 games.

ANGELA MULLINS/METRO

Centre of Excellence

Volleyball centre set for Fanshawe

Fanshawe College has been picked as the new home for a Volleyball Canada Centre of Excellence.

The excellence program focuses on developing skills for athletes entering Grades 8 to 12 with the ultimate goal of seeing them participate on a national team.

Athletes will be chosen to participate in September after attending an identification session from 7 to 9 p.m. on July 10 in the Fanshawe gym. Cost is \$10.

METRO

Brit shows his grit in five-set victory

Wimbledon. Murray pleases home crowd by overcoming two-set deficit against Verdasco to advance to semifinals

In the stands and from afar, some of the biggest names in Britain were cheering on Andy Murray at Wimbledon.

There was Alex Ferguson, the recently retired manager of Manchester United, sitting among the crowd at the All England Club and smiling broadly. And there was David Cameron, the country's prime minister, tweeting his well-wishes before the match and then later a photo of him watching it on television.

Murray didn't let either of them down, or any of his other millions of fans, but he did make it hard to take at times.

The second-seeded Briton advanced to the Wimbledon semifinals for the fifth straight year, overcoming a two-set deficit to beat Fernando Verdasco 4-6, 3-6, 6-1, 6-4, 7-5 Wednesday on Centre Court.

"I think when you play more and more matches and gain more experience you understand how to turn matches around and how to change the momentum of games," Murray said, relating

his comeback win to one of Ferguson's famous late turnarounds with Man United. "Maybe when I was younger I could have lost that match. But I think I've learnt how to come back from tough situations more as I got older."

Ferguson is becoming something of a regular at Murray's big matches. Along with Sean Connery, Ferguson even crashed a post-match news conference last year after Murray won his first Grand Slam title at the U.S. Open.

Ferguson didn't make it that far this time, but there could be two matches still to go at Wimbledon, where a British man has not won the title since Fred Perry in 1936.

"Just got off the court a few minutes ago, so I haven't seen anyone yet," Murray said flatly about Ferguson, perhaps trying to downplay the feeling of having such an accomplished fan in his corner.

One of many accomplished fans, it turns out.

Cameron may have skipped the trip out to the All England Club, but before the match he wrote on Twitter that he wished Murray luck. He did the same for Laura Robson ahead of her fourth-round loss on Monday, leading some to think his gesture could be a bad omen, a so-called "Cameron curse."

THE ASSOCIATED PRESS

Quoted

"What he tweets has absolutely zero bearing on the outcome of my match today. Zero at all."

Andy Murray assuring reporters that there is no such thing as the "Cameron curse" following British Prime Minister David Cameron's well-wishes.



Andy Murray celebrates beating Fernando Verdasco in the quarter-finals of Wimbledon on Wednesday in London, England. CLIVE BRUNSKILL/GETTY IMAGES

Glendale approves arena lease agreement



Jobing.com Arena, where the Coyotes play their home games, as shown in Glendale, Ariz., on June 13, 2012. THE ASSOCIATED PRESS FILE

The Phoenix Coyotes' bid to find stability dragged on for four years and stretched for four more tense hours as the Glendale City Council debated on a lease agreement with a group trying to buy the team.

Finally, as the clock ticked toward midnight, the council voted 4-3 in favour of the 15-year, \$225-million deal, all but ensuring the Coyotes will stay in Arizona.

Renaissance Sports and Entertainment still must complete the lease deal and its purchase of the team from the

NHL by Aug. 5, but it appears their fight to find an owner has ended. RSE is led by Canadian businessmen George Gosbee and Anthony LeBlanc.

Now, after four years of being run by the league, the Coyotes will be able to compete for players who had been financially out of their reach and retain more of the players already on the team.

The NHL has operated the Coyotes since former owner Jerry Moyes took the team into bankruptcy in 2009.

THE ASSOCIATED PRESS

Meanwhile in Quebec City

Quebec City Mayor Regis Labeaume says he's still optimistic about getting an NHL team — even if it won't be the one currently in Phoenix.

- Quebec has begun building a \$400-million arena, with mainly public money, in the hope of bringing back a pro team to replace the old Nordiques.

THE CANADIAN PRESS

4
SPORTS

NHL teams unload expired talent to free up cap space

Free agency. Vets bought out, waived across the league as teams look to rebuild

In a scramble by NHL teams to free space under the salary cap before the start of free agency, five veteran players were placed on unconditional waivers on Wednesday.

The Minnesota Wild confirmed they waived defenceman Tom Gilbert for the purpose of buying out the remaining year of his contract. The Nashville Predators said they placed forward Sergei Kostitsyn on waivers.

Also waived, according to a person familiar with the moves, were Detroit defenceman Carlo Colaiacovo, Vancouver



Carlo Colaiacovo was one of several veteran players placed on conditional waivers. JEFF GROSS/GETTY IMAGES

defenceman Keith Ballard and Buffalo forward Nathan Gerbe. The person revealed the list of waived players to The Associated Press on the condition

of anonymity because the NHL doesn't announce these moves.

"Due to the NHL salary cap decreasing this season, we needed to make this difficult decision to give the team more flexibility," Wild general manager Chuck Fletcher said regarding the team's decision to waive Gilbert.

The other four players waived on Wednesday could land in the same buyout category in moves made before the free-agency period opens at noon Friday.

Maple Leafs defenceman Mike Komisarek announced on his Twitter account that he is on his way out of Toronto. Set to make \$3.5 million over the final two years of his contract, Komisarek is expected to be bought out after spending part of last season playing in the minors. **THE ASSOCIATED PRESS**



Vote now.



Tour riders close the gap

The peloton passes through town as they approach the final climb during Stage 5 of the 2013 Tour de France on Wednesday in Cuge-les-Pins. Mark Cavendish finally shook off an illness and a drop in form to earn his 24th career stage win and close the gap on archrival Peter Sagan in the contest for the sprinter's green jersey. Australian veteran Simon Gerrans kept the Tour leader's yellow jersey. DOUG PENSINGER/GETTY IMAGES

Aaron Hernandez

Search of secret apartment turns up more evidence

A police search of a secret "flop house" rented by former Patriots tight end Aaron Hernandez turned up boxes of ammunition and clothing police believe could be evidence in the murder case against him, according to court documents.

Police say they learned about the apartment from Carlos Ortiz, a friend of Hernandez's whom prosecutors say was with the ex-player the night he allegedly arranged the shooting of Odin Lloyd.

They then searched the \$1,200-a-month apartment in Franklin on June 26, according to search warrant records at Wrentham District Court. Among the findings were a white hooded sweatshirt.

Surveillance video showed Hernandez wearing a similar sweatshirt the night Lloyd was killed on June 17, the records say.

THE ASSOCIATED PRESS

32 BEERS. 16 STYLES. 1 CHAMPION.

Vote for your favourite beer at
BREWMESTERCUP.COM

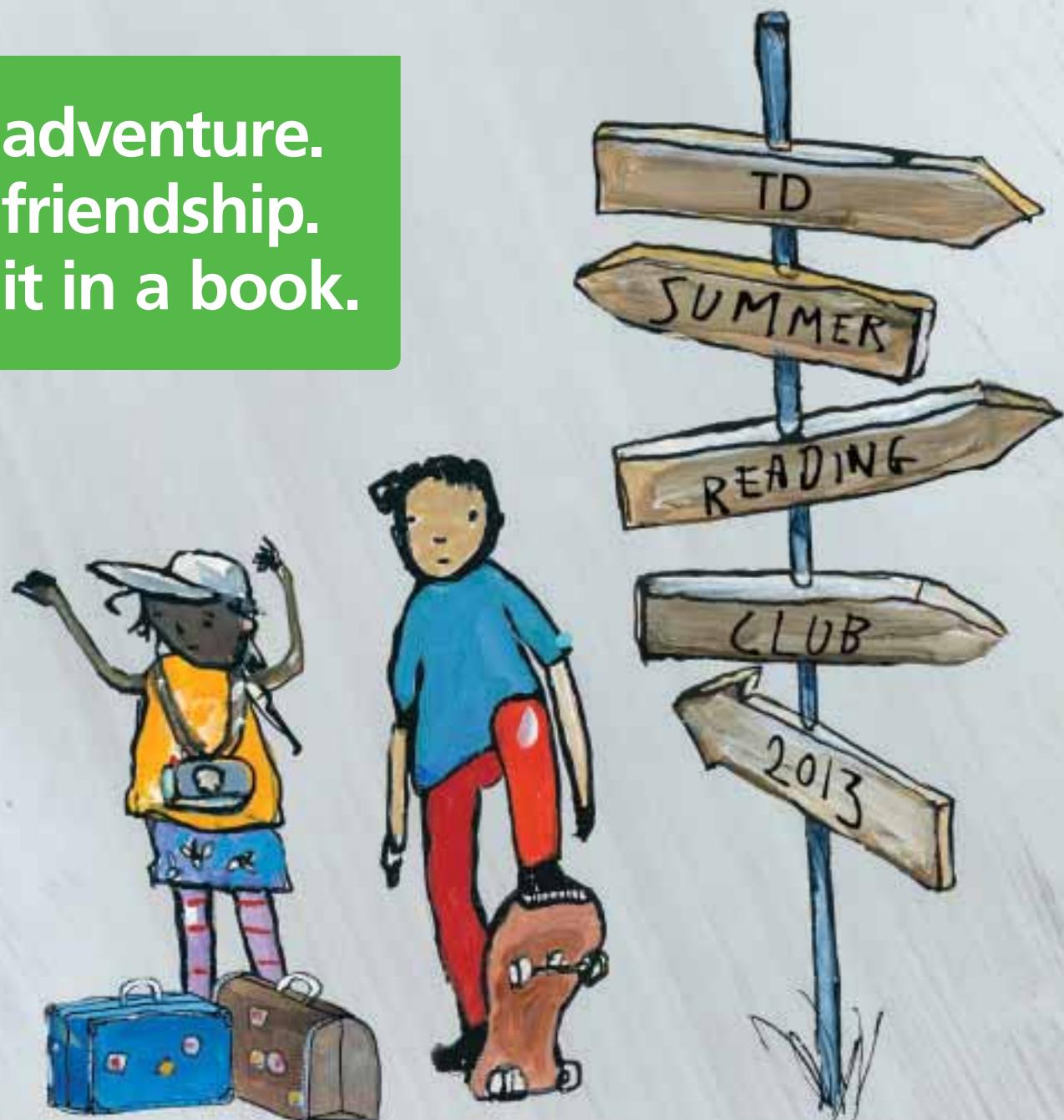
You could win tickets to Toronto's Festival of Beer.



Please drink responsibly.

Must be legal drinking age.

**Find adventure.
Find friendship.
Find it in a book.**



TD Summer Reading Club

Kids find more than good stories in books. They find imagination, adventure and curiosity. With reading, they can GO on incredible journeys. Register for the free TD Summer Reading Club at your local library. Read more at tdreads.com/summerreading and tdsummerreadingclub.ca

Developed by



In partnership with



Sponsored by

